

CV

Family name SWITEK
First name TOMASZ
Date of birth: August 28th, 1968
Place of birth: Inowroclaw, Poland
Nationality: Polish
Civil status: married

Present employers:

1. Manages private practice focused on providing solution focused therapy and coaching, as well as on conducting workshops and trainings – Solutions Focused Approach Center
2. At the Local Administration of the Commune Council in Mogilno coordinator of the department for resolving alcohol problems.

Years with firm proposed position on team:

1996-2000 - Chief of the Outpatient Clinic for the Chemical Dependency Treatment in Mogilno
1997- till now – at the Local Administration of the Commune Council in Mogilno coordinator of the department for resolving alcohol problems.
2002- 2004 – project manager at the Nationwide Emergency Services for Victims of Domestic Violence in Warsaw – project “Clinical work with people using violence on the basis of SFBT”
2003 – 2006 – coordinator of the sf training programmes for professionals in the Solutions Focused Therapy Institute
2006 – coordinator of the sf training programmes for professionals at the Solutions Focused Approach Center

Key qualifications

solution focused brief therapist – 1999 – 2001 - more than 300 hours of workshops and supervision on applying SFBT conducted by world’s leading SF therapists and trainers – Steve de Shazer, Insoo Kim Berg, Luc Isebaert, Ivone Dolan, Gale Miller, Alasdair McDonald, Harvey Ratney, Chris Iveson, Christina Sounders, Wolfgang Eberling, Anders Claesson and others;
group trainer recommended by the Polish Psychological Association – workshops, trainings based on SFBT methodology of work

Education

MA of social prevention and rehabilitation – Warsaw University - 1993
certified specialist of dependency psychotherapy – Polish Agency for Resolving Alcohol Problems – 1999 (cognitive-behavioral therapy)
certified specialist of preventing domestic violence

Experience record

1993 – 1996 working with children at the orphanage in Jaksice - tutor

1996-2000 – working with people with chemical dependency and their families at the Outpatient Clinic for the Chemical Dependency Treatment in Mogilno – therapist and chief of the clinic

1997- till now – at the Local Administration of the Commune Council in Mogilno coordinator of the department for resolving alcohol problems – social politic, cooperation of social services, rehabilitation and prevention programs connected to alcohol, drugs and violence problems, project manager of the program of the resolving alcohol problems in the Commune of Mogilno,

1998 - private practice focused on providing solution focused therapy and coaching, as well as on conducting workshops and trainings.

As a part of the private practice cooperation with:

- Nationwide Emergency Services for Victims of Domestic Violence “Blue Line” in Warsaw – therapist, project manager, trainer, supervisor
- Institute of the Health Psychology in Warsaw – lecturer and trainer
- National Agency for Resolving Alcohol Problems in Warsaw – trainer and lecturer,
- Higher School of Social Psychology in Warsaw – trainer,
- Jagiellonian University in Krakow
- Fontys University (Holland)

In the therapy experiences mostly connected with individual, group and couple sf therapy in the areas of: dependency problems, family violence problems, marital problems, older children and adolescent, mental health problems.

2003 - 2006 cofounder of the Solutions Focused Therapy Institute in Poland

2004 – 2007 – trainer and sf expert within three years international programm “Solution Focused Approach as a new method in the welfare and education systems in Poland” in cooperation between Fontys University (Holland) and Jagiellonian University (Poland)

2006 – founder of the Solutions Focused Approach Center in Poland – trainer, lecturer... SFAC is focused on developing and adapting SF principles in Polish reality.

Work undertaken – examples:

During the years 1999 – 2006 conducted workshops for social services, psychologist, therapists, social workers which were with passing time mostly based on the SF principles. Total hours amount of conducted workshops about 1500. Average estimation of the workshops by its participant between 4,3 – 5,0 on the scale from 1 to 5 (1- stands for not useful, 5- stands for very useful).

Main themes of the workshops referred to: Solution Focused Brief Therapy, preventing alcohol problems, preventing domestic violence, cooperation of the social services, communication, and group process.

At the Nationwide Emergency Services for Domestic Violence Victims working as a teacher and supervisor for it's workers and students of Higher School of Social Psychology in Warsaw in the area of SFBT and SF supervision.

At the Institute of the Health Psychology – working as a teacher and lecturer for professionals - therapists working with the alcohol and domestic violence issues.

Working as a therapist in the big cities as well as in the rural areas, what gives a lot of different experiences.

At the Solutions Focused Therapy Institute and now at the Solutions Focused Approach Center working as a trainer and lecturer, also is coordinating training programs.

Presenter during the conferences of the European Brief Therapy Association, Solution Focused Brief Therapy Association.